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# Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE  
OFFICE OF COMMUNICATION WASHINGTON, D. C.

34TH YEAR

August 29, 1977

NO. 35



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Some fruits and vegetables do not make satisfactory products when frozen. They include green onions, lettuce and other salad greens, radishes, tomatoes (except as juice or cooked).

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To retain highest quality in frozen food, packaging materials should be moisture-vapor-proof, to prevent evaporation.

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Pack food and sirup cold into containers. Having materials cold speeds up freezing and helps retain natural color, flavor, and texture of food.

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For a special touch of flavor in scalloped vegetables, sprinkle grated cheese, finely chopped onion or parsley, or cooked mushrooms in between layers.

\* \*

Pack foods tightly to cut down on the amount of air in the package before you secure it for the freezer.

## ON PLANTING BULBS

### — FOR NEXT YEAR

They're called spring flowering bulbs. They're hardy, and require little care, and they're planted in the fall. You can use bulbs anywhere in your garden -- in the border, scattered around the lawn or even planted among shrubs as a ground cover.

They provide early color in your garden or yard at a time when few other plants are in bloom.

Among the more popular spring flowering bulbs are tulips, narcissus, hyacinth, iris, and crocus. In late fall, plant bulbs 2 or 3 inches deep in spaces 6 to 15 inches apart in clumps of 6 to 12 bulbs. The distance between bulbs depends on the height of the plants at flowering time.

Bulbs may stay in place for many years, but you can dig, separate, and replant them when they become crowded or produce small flowers.

The reason to plant spring flowering bulbs in the fall is that roots can develop before the ground freezes. Most bulbs require about 4 to 6 hours of sun per day, so choose the planting site carefully. If you plant bulbs in a southern exposure near a building or wall, they will bloom earlier than bulbs in a northern exposure.

## FRENCH ICE CREAM

4 cups light cream  
3 eggs, separated  
1 cup of sugar

2 teaspoons vanilla  
 $\frac{1}{4}$  teaspoon salt

Beat the egg yolks until smooth; add half of the sugar, and beat again until the sugar is dissolved. Beat the whites to a stiff froth, and stir into the yolks and sugar. Add the cream and the remainder of the sugar, and cook in a double boiler for 15 minutes, or until it has thickened. Stir the mixture while it cooks. Cool quickly, add flavoring, and freeze.

## PINEAPPLE MOUSSE

4 cups whipping cream  
1 cup sugar

1 teaspoon vanilla  
1 cup drained crushed  
pineapple

Mix the cream (which should be very cold), sugar, and vanilla, and whip until stiff. Add the pineapple. Remove the dasher from the ice cream freezer; pack the whipped mixture in the freezer with ice and salt, just as for hardening ice cream.

## LEMON SHERBET

1- $\frac{1}{4}$  cups sugar  
1/3 cup lemon juice  
Grated rind of 1 lemon

$\frac{1}{4}$  teaspoon lemon extract  
2 cups whole milk

Combine the sugar, lemon juice, rind, and extract. Add the milk and stir until the sugar is dissolved. Freeze; remove to a chilled bowl, and beat well. Return to the refrigerator, and freeze.

## GRAPE FRAPPE

3 $\frac{1}{2}$  lemons (juice only)  
1 orange (juice only)  
 $\frac{1}{2}$  cup grape juice  
1 cup sugar

1 or 2 drops mint, if desired  
Water to make the final  
volume 2 quarts

Mix the ingredients. To obtain the best blend of flavors, keep in a cold place for 24 hours in glass or china containers. May be served as a punch, or frozen to a slush in an ice cream freezer.

## ALMOST ALL ABOUT

### — ICE CREAM

Homemade or "old fashioned" ice cream still denotes a special treat-perhaps, even in spite of our affluent lifestyles. The art of preparing your own ice cream is not easily forgotten. Everyone seems to have a favorite recipe... it's often attached to nostalgia -- how it used to taste...so good!

Ice cream made at home offers characteristics somewhat different from those of commercial ice cream, according to Agricultural Research Scientists at the U.S. Department of Agriculture. It usually has a higher fat content, a heavier body, a coarser texture, and a lower "overrun". Overrun is the term used to express the percentage of increase in volume of the finished ice cream over that of the mix before freezing. The increase is due principally to the air that is whipped in during the freezing process. Since home made ice cream is frozen relatively slowly, the ice crystals are larger and the texture is coarser than in commercial ice cream, which is frozen more rapidly.

If you are planning on using a refrigerator tray to freeze the ice cream you need a heavier mix -- that is, one containing a greater percentage of milk solids -- than for ice cream that is frozen in a dasher-freezer (electric ice cream maker). Whipping cream and light cream contain different amounts of butterfat: usually whipping cream about 30 percent and light cream usually contains about 20 percent.

The use of gelatin gives the ice cream a smoother and better body and tends to reduce "iciness". Gelatin is a nutritious protein food, and it thus increases the nutritive value of the ice cream. Gelatin should be softened in a little cold water then dissolved in a double boiler...add the dissolved gelatin in the mix without cooling. Add it slowly to the mix -- constantly stirring..otherwise it will form into lumps as it strikes the cold mix.

(Con't. page 4)



## ICE CREAM (CON'T.)

Concentrated or evaporated milk may be used in place of the whole milk called for in recipes. The additional milk solids increase the food value of the ice cream. And -- it produces a heavier-bodied and smoother ice cream.

French and custard ice creams are characterized by the custard flavor imparted by the eggs used. The recipes usually given for French and custard ice cream call for enough eggs to produce a custard-like or pleasing egg flavor.

Whipping properties of other ice creams -- particularly refrigerator ice creams -- are often improved by the addition of eggs. The addition of one egg to basic recipes for plain ice cream is enough to improve the whipping properties without producing a custard flavor.

Ice cream frozen in the trays of a refrigerator lack the advantage of being whipped continuously while freezing, and, is therefore, more difficult to produce with satisfactory texture. So -- whipping cream is more essential for refrigerator ice cream than for the freezer variety because it can be whipped before it is combined with the other ingredients. If light cream is used, it should be thickened with gelatin. Recipes low in cream should contain eggs, and both cream and egg whites should be beaten before they are added to the other ingredients, in order to incorporate as much air as possible and thus make up for the absence of continuous beating during freezing.

Remember -- beating is important -- the ice cream mix should be beaten with an electric beater before it is put in the tray. It should be beaten again just after it begins to freeze around the edge of the tray -- and, it should be beaten or stirred once or twice more while it is freezing. Actually -- it probably will be worth your effort.

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FOOD and HOME NOTES, a weekly newsletter directed to mass media outlets, is published by the U.S. Department of Agriculture's Office of Communication, Washington, D.C. 20250. Editor: Shirley Wagener...Phone: 202-447-5898.

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